

Parent and Tot Bus Trip Preschool Halloween Pumpkin Hunt

Westview Orchards in Romeo (ages 18 months - 5 years with parent)
Bring your preschooler ages 18 months to 5 years to a special Halloween celebration geared for the active age. The trip will include a petting zoo, pumpkin hunt, and hayride. A donut and cider snack is included. The trip will proceed rain or shine.

Fee includes round-trip transportation from the Community Center and is escorted by Recreation Department personnel. Children must be accompanied by an adult. **Parents must purchase a ticket also. Refund requests on the day of the trip will NOT be granted.**

Act#	Date	Time	Fee
142215A	Fri, Oct 10	9:30 am - 12:30 pm	\$15/person

Parent /Tot Amazing Art

This art class is for the younger preschool child ages 2 ½ - 5 who likes to try a variety of things. Fun tactile project choices will range from fabric art, to wood crafts, bead and wire work, mixed media, pottery projects and more. Dress for mess! Tools and materials provided by instructor. Material fee of \$18 due to instructor first day. **Instructor:** Jeannette Pugliese

Location: Troy Community Center

1st session has a fall and Halloween theme to the projects plus free choice items.

Session: Sept 9 - Oct 17 (6 weeks)

Act #	Day	Time	Fee
142223A	Tue	10-10:45 am	\$54
142223B	Fri	10:15-11 am	\$54

2nd session has a Thanksgiving, winter and Christmas theme to the projects plus free choice items.

Session: Oct 28-Dec 12 (6 weeks-no classes 11/24-29)

Act #	Day	Time	Fee
142223C	Tue	10-10:45 am	\$54
142223D	Fri	10:15-11 am	\$54

Saturday Party with the Merry Music Maker

Miss Paula is looking for children ages 2-7 to come join her for an hour filled with music, stories, juggling, magic and silly fun. Bring a blanket and your smiles.

Location: Troy Community Center

Act #	Ages	Day/Date	Time	Fee
141067A	2-7	Sat, Sept 13	9:30-10:30 am	\$5/child
141067B	2-7	Sat, Oct 11	9:30-10:30 am	\$5/child
141067C	2-7	Sat, Nov 8	9:30-10:30 am	\$5/child

Preschool Amazing Art

This art class is for ages 3 ½ - 6 the older preschool child who likes to try a variety of things. Fun tactile project choices will range from fabric art, to wood crafts, bead and wire work, mixed media, pottery projects and more. Dress for mess! Tools and materials provided by instructor. Material fee of \$18 due to instructor first day. **Instructor:** Jeannette Pugliese

Location: Troy Community Center

1st session has a fall and Halloween theme to the projects plus free choice items.

Session: Sept 12 - Oct 18 (6 weeks)

Act #	Day	Time	Fee
142223E	Fri	9:15-10 am	\$54
142223F	Sat	9:30 - 10:15 am	\$54

2nd session has a Thanksgiving, winter and Christmas theme to the projects plus free choice items.

Session: Oct 31 - Dec 13 (6 weeks - no classes 11/24-29)

142223G	Fri	9:15-10 am	\$54
142223H	Sat	9:30 - 10:15 am	\$54

Arts 4 Kids Preschool Drawing

Young Rembrandts instructors provide a positive, nurturing environment for your child. Each week we'll draw something these little ones are interested in, from fish to teddy bears, rainbows to cowboys, and we'll talk about the subject matter as we learn to draw it together. We'll concentrate on the skills of drawing and coloring, but also work on developing fine motor skills, focus, listening, staying on task, spatial organization and patience. All materials are provided - happy, smiling faces guaranteed.



Location: Troy Community Center

Session: Oct 2-Nov 20 (8 weeks)

Act#	Class/Ages	Day	Time	Fee
141058A	3 ½ - 5	Thu	10-10:45 am	\$64

Session: Oct 4-Nov 22 (8 weeks)

141058C	3 ½ - 5	Sat	10-10:45 am	\$64
---------	---------	-----	-------------	------



**Look for more Preschool activities:
Rainbow Preschool - 61**

Coach Dave Classes

Sports Starters: ages 3 - 5

Your kids will love this first introduction to sports such as soccer, football, volleyball, tee-ball, kickball and more! Toddlers will learn sports fundamentals such as throwing, catching, kicking and running with easy-to-understand instruction and silly games. Our nurturing coaches will make sure your kids have a positive and fun learning experience. Wear tennis shoes and bring a water bottle.



Parent & Tot Fun Fitness Zone: ages 2 ½ - 4 ½

This creative play program teaches children a variety of active games, exercises, musical activities, and imaginative stretches as they learn to play with you and other children. All activities are designed to keep you and your child moving, interacting and having fun. Join Coach Dave for giggles! One adult must participate with each child.

Kiddie Sports: ages 4 - 6

Introduce your kids to the world of sports. Coach Dave instructs the basics of the following sports: soccer, tee-ball, basketball, floor hockey, volleyball, and kickball. We'll also play some silly games. Our class emphasis is on effort, cooperation and teamwork to make this a positive learning experience. (Children must be potty-trained.)

Instructor: Leisure Unlimited, Coach Dave and staff

Location: Troy Community Center Gym

Session: Sept 10 – Oct 15 (6 weeks)

Act#	Class	Day	Time	Fee
141051A	Parent and Tot	Wed	9:30 - 10:15 am	\$65
141051B	Sports Starters	Wed	10:30 - 11:30 am	\$65
141051C	Kiddie Sports	Wed	1- 2 pm	\$65

Session: Sept 13 – Oct 18 (6 weeks)

141052A	Kiddie Sports	Sat	10 - 10:50 am	\$65
141052B	Sports Starters	Sat	11 - 11:50 am	\$65
141052C	Sports Starters	Sat	12 - 12:50 pm	\$65

Session: Oct 29 – Dec 3 (5 weeks -no class Nov 26)

141051D	Parent and Tot	Wed	9:30 - 10:15 am	\$55
141051E	Sports Starters	Wed	10:30 - 11:30 am	\$55
141051F	Kiddie Sports	Wed	1 - 2 pm	\$55

Session: Nov 1 – Dec 6 (5 weeks - no class Nov 29)

141052D	Kiddie Sports	Sat	10 - 10:50 am	\$55
141052E	Sports Starters	Sat	11 - 11:50 am	\$55
141052F	Sports Starters	Sat	12 - 12:50 pm	\$55



Stretch-n-Grow Classes

Terrific Toddlers - ages 18-35 months

This fun class features 30 minutes of continuous safe and effective activities designed to maintain your toddler's interest. Classes are taught by Stretch-n-Grow certified youth fitness instructors. Toddlers will explore, push and pull, be introduced to music and movement, while at the same time developing their motor skills and spatial awareness.

FitKid!- ages 3-5

This safe and fun class is taught by Stretch-n-Grow certified youth fitness instructors. Different activities will be used to focus on preschoolers gross motor skills, balance, resistance flexibility and more. Types of activities may include: ropes, hoops, relays, sports games, different forms of dancing, and creative games. Start today to teach your child the importance of a healthy lifestyle!

Location: Troy Community Center

Session: Sept 10 – Oct 15 (6 weeks)

Act#	Class	Day	Time	Fee
142105A	Terrific Toddlers	Wed	9:15-9:45 am	\$42
142105B	FitKid!	Wed	10-10:45 am	\$48

Session: Oct 29 – Dec 3 (6 weeks)

142105C	Terrific Toddlers	Wed	9:15-9:45 am	\$42
142105D	FitKid!	Wed	10-10:45 am	\$48



Magic is Fun! Workshop

Hold onto your hats and don't blink an eye! Magician Gordon Russ has some cool tricks to share with all his beginner magicians.

Class includes professional instruction, magic props, detailed instructions, and even a magic book that is yours to keep. Class limited to 40 magicians. Come on this fantastic adventure and learn the secrets of magic!

Grade: 1st-6th grade

Fee: \$12

Act #	Day	Date	Time	Location
144010A	Wed	Nov 12	3:50-5:20 pm	Susick Elem
144010B	Sat	Nov 15	10-11:30 am	Community Center



Home Alone Babysitting Class

This session is designed for youth ages 8-14 who baby-sit or are home alone for a period of time. Discussion will center around setting up a babysitting business, growth/development, taking care of infants/children, what to do in an emergency, and safety precautions when home alone. Certificate presented upon completion. Includes many hands-on activities. **Note:** Bring an infant-sized doll and blanket.

Location: Troy Community Center

Instructor: Lisa Lamerato-Laviolette (Preschool Cert.)

Act#	Day	Time	Fee
142057A	Tue, Sept 30	6:45-8:45 pm	\$20
142057B	Thu, Nov 20	6:45-8:45 pm	\$20

Parents Night Out at the Troy Community Center Saturdays, 5:30 - 9:30 pm

While mom and dad have an evening out, children 7-12 years old are invited to a "kids only" party at the Troy Community Center. The night consists of a pizza dinner, theme craft games, swimming and gym time. Adult to child ratio is 1:8. Parents must fill out information cards in order for the youngster to participate. Minimum number of 16, maximum: 30

Act #	Theme	Date	Fee
146880A	Back to School	Sat, Sept 13	\$15
146880B	Autumn Colors	Sat, Oct 11	\$15
146880C	Thanksgiving	Sat, Nov 8	\$15
146880D	Holiday Season	Sat, Dec 13	\$15

ShowTime

This six week course will cover all aspects of theater and acting skills. Using a wide range of drama exercises students will create a group performance. There are five weeks of study where students participate in many aspects of acting, involving solo and group work. The final week will be a performance. Classes are especially designed for each age group. Students should wear comfortable clothes to class. Maximum is 12 students per class.

Location: Troy Community Center

Instructor: Dawn Beavon

Session: Sept 18 - Oct 23 (6 weeks)

Act #	Ages	Day	Time	Fee
142390A	7-8	Thu	5-6 pm	\$85
142390B	9-11	Thu	6-7 pm	\$85
142390C	12 and older	Thu	7-8 pm	\$85

Register for these classes online at:
www.troymi.gov/parksandreconline
beginning August 19 at 8:00 am;
more registration details on page 87.

Arts 4 Kids

All new lessons, each session! Supplies included.

All classes at the Troy Community Center

Combo Drawtooning

"Drawtooning" includes both Young Rembrandts drawing and cartooning curriculum. It is a great opportunity to enjoy both of Young Rembrandts most popular offerings in one class! This program combines Young Rembrandts innovative step-by-step drawing method with light-hearted subject matters that engage children, their sense of humor and their vivid imaginations.

Session: Oct 7-Nov 25 (8 weeks)

Act#	Ages	Day	Time	Fee
141058E	7 - 12	Tue	6:30-7:30 pm	\$64

Superhero Camp

Pow! Bang! Wow! Now your child can learn to draw your own comic book superhero. Each day we will complete several drawings while we explore a variety of characters. We will learn to draw the basic muscular superhero body and adapt it to the character of our choice. We will also learn to draw action and movement while we complete the scenes around our superheroes, using pencils, markers and sharpies. Our collection of drawings will be impressive!

Session: Oct 4-Oct 18 (3 weeks)

Act#	Ages	Day	Time	Fee
141058I	7 - 12	Sat	11 am - 12:30 pm	\$40

Jr. Transportation Camp

This camp is a chance to learn to draw all the different modes of transportation we use to get around, maybe even some we haven't used! Cars, trucks, airplanes, helicopters and more will fill our drawings. We will complete our last day with one large scene including as many roads, bridges and vehicles as we can draw. Pencils, color pencils and markers will be used.

Session: Nov 1-Nov 15 (3 weeks)

Act#	Ages	Day	Time	Fee
141058F	5-7	Sat	11 am - 12:30 pm	\$40

Knitting Classes for all Ages

It's all the craze and a fun leisure activity for all ages! These knitting classes are designed for the beginner and for any knitter that just needs some extra help with their projects. If you are a beginner, by the end of just a couple of classes you will be on your way to knitting an entire project. A supply list of what to bring to the first class will be printed on your receipt. Six classes per session.

Location: Troy Community Center

NOTE: No classes 10/31, 11/21 and 11/24

Act#	Ages	Day	Time	Begins	End	Fee
142650A	Adults	Wed	9:30-11:30 am	Sept 10	Oct 15	\$55
142650B	Adults	Wed	6-8 pm	Sept 10	Oct 15	\$55
142650C	Adults	Wed	9:30-11:30 am	Oct 22	Dec 3*	\$55
142650D	Adults	Wed	6-8 pm	Oct 22	Dec 3*	\$55
142650E	8-12	Sat	10-11:30 am	Oct 4	Nov 8	\$45

*no class Nov 26

Youth Pottery

This class is for youngsters ages 6-13 and emphasizes creativity and enjoyment of handmade pottery. The projects range from functional ware to sculpture. A pottery wheel is available but limited to 1 or 2 turns per person. Various glazing techniques will be explored. Parents may create along side their child for an additional full cost fee but adults may NOT attend alone! Tools and materials provided by instructor. Dress for mess and bring a hand towel to each class. Material fee of \$22 due to instructor first day of class. Pottery pick up date separate.

Instructor: Jeannette Pugliese

Location: Troy Community Center

1st session has a fall and Halloween theme to the projects plus pottery wheel and free choice items.

Session 1: Sept 9 - Oct 18 (6 weeks)

Act #	Day	Time	Fee
142223J	Tue	5-6:30 pm	\$72
142223K	Sat	11 am -12:30 pm	\$72

2nd session has a Thanksgiving, winter and Christmas theme to the projects plus pottery wheel and free choice items.

Session2: Oct 28-Dec 13 (6 weeks-no classes 11/24-29)

Act #	Day	Time	Fee
142223L	Tue	5-6:30 pm	\$72
142223M	Sat	11 am -12:30 pm	\$72

New

Advanced Youth Pottery

Designed for the more advanced level pottery student projects will be more challenging for each student. A pottery wheel is available but limited to 1 or 2 turns per person. Various glazing techniques will be explored. Parents may create along side their child for an additional full cost fee but adults may NOT attend alone! Tools and materials provided by instructor. Dress for mess and bring a hand towel to each class. Material fee of \$22 due to instructor first day of class. Child must be of age by start of class. Pottery pick up date separate. **Prerequisite: each child age 7-13 MUST have taken at least one or more pottery classes from Jeannette here in Troy.*

Instructor: Jeannette Pugliese

Location: Troy Community Center

Session 1: Sept 8 - Oct 13 (6 weeks)

Act #	Day	Time	Fee
142223N	Mon	5-6:30 pm	\$72

Session 2: Oct 27-Dec 8 (6 weeks-no classes 11/24-29)

Act #	Day	Time	Fee
142223P	Mon	5-6:30 pm	\$72

Girls Nite Out with Girls Empowered

No Thank-You: A Graceful Approach to Assertiveness

Girls will learn and practice being assertive in their words, voice, and body language. They will learn to be taken seriously, set boundaries and handle conflict. This fun night will help all girls – those who may be too aggressive as well as those who feel they have no voice. Includes craft. Patch included in fee. Bring snack, water bottle and wear tennis shoes. For additional info go to www.girlsempowered.com

Daisies: Hip Hop and Finding My Voice

Brownies 6-7yrs (1): "I'm Nice" and Hip Hop

Brownies 8yrs plus(2): Boundaries and Yoga

Jr. GS: Boundaries and Yoga

Location: Troy Community Center

Act #	Day	Time	Ages	Fee
142500A	Fri, Nov 7	6-9 pm	Daisies	\$25
142500B	Fri, Nov 7	6-9 pm	Brownies 1	\$25
142500C	Fri, Nov 7	6-9 pm	Brownies 2	\$25
142500D	Fri, Nov 7	6-9 pm	Juniors	\$25

Boys Nite Out

ABC's of Social Skills - Boys will learn 25 different social skills. Social skills are the skills kids need to develop and manage relationships in life. Learning social skills like dealing with being left out, learning to know and express their feelings, accepting no, taking turns, and dealing with group pressure can help any boy be successful. This course is set to improve relationships with peers, friends, family, teachers or later in their careers! Includes a craft, role plays and games! Bring snack, water bottle and wear tennis shoes.

Location: Troy Community Center

Act #	Day	Time	Ages	Fee
142500E	Fri, Oct 24	6-9 pm	6-8	\$25
142500F	Fri, Oct 24	6-9 pm	9-11	\$25

Don't Burst My Bubble!

(Parent/Daughter or Parent/Son)

Being yourself is one of the biggest challenges each of us face in life. Together parents and kids learn about their own personal power and how they own the beliefs they hold about themselves. They will learn how they become powerless when others make them feel bad about themselves, make decisions not right for them, or give into peer pressure. The new book "Don't Burst My Bubble!" by Kids Empowered will be read. Book, role plays and a craft will be included!

Location: Troy Community Center

Act #	Day	Time	Ages	Fee
142500G	Tue, Oct 14	5:30-7 pm	girls 6-8 w/parent	\$25
142500H	Tue, Oct 14	7-8:30 pm	girls 9-11 w/parent	\$25
142500I	Mon, Nov 3	5:30-7 pm	boys 6-7 w/parent	\$25
142500J	Mon, Nov 3	7-8:30 pm	boys 8-9 w/parent	\$25
14200K	any	any	Additional Sibling	\$15

Dance Recital Classes

with Premiere Plus

To celebrate their 15th year with us, Premiere Plus is showing their appreciation by offering classes at BOGO (Buy one class, get the 2nd class half off)! The 30-week program is divided into two-15 week sessions. Payment for the second session is due the week of January 5, 2009. A \$25 late fee will be charged for late payments made beyond January 26, 2009. The program culminates with the annual recital scheduled for May 15 and 16, 2009 at Athens High School. Dancers must be registered for both sessions to participate in the recital.

Session: September 8, 2008 - May 16, 2009

Location: Troy Community Center

Fees/Session: First session fees are due at time of registration.

\$60 30 minutes classes (3 year old and all tap classes)

\$70 40 minute classes

\$80 60 minutes Tap/Jazz combo classes

\$90 60 minutes Excell classes

BOGO Fees (same dancer; register in person only):

\$90 40 minute + 30 minute class

\$105 40 minute + 40 minute class

\$115 1 combo + 40 minute class

\$125 1 Excell + 40 minute class

ADDITIONAL COSTS: Dancers must purchase a costume selected by instructor. A non-refundable deposit of \$30 is due the week of November 5 with the balance due in early February.

Preschool Dance (PSD) - Bouncing, clapping, singing, skipping and making friends - imagine having all of this fun while learning to follow directions, taking turns and cooperating! Must be age listed by 9/1/08.

Intro to Dance (ITD) - This class is designed to be a fun-filled introduction to Ballet, Jazz, and stylized version of "Song and Dance" combinations.

Tap (TAP) - Broadway style syncopated rhythms, or the new "funky version" put to more current music selections, make this classic dance form fun for everyone. 30 minute classes.

Hip Hop Jazz (HHJ) - Energetic and challenging warm up, traditional turns, jumps, progressions and combinations and moving to isolation and "pop and lock" hip hop moves.

Ballet (BAL) - The foundation of all dance forms, focus on proper body placement, ballet terminology, barre and center floor theory.

EXCELL Jazz (XLJ) - Age and ability will determine final placement and instructors may make adjustments. These classes are for ages 10 thru teens with a minimum of 4 years hip hop jazz experience. 60 minutes.

Excell Lyrical Jazz/Ballet (XLB) - For ages 10 and older with a minimum of 4 years experience, this class offers emphasis on dance vocabulary, leaps, turns and artistic interpretation.

Combo Classes (COM) - In these classes you'll have 1/2 hour of jazz and a 1/2 hour of tap, performing twice in recital.

Mondays:

Act #	Class/Age/Grade	Time	Instr	Fee
142115A	PSD 3 yr	10am	Robin	\$60
142115B	PSD 4-5 yrs	10:30 am	Robin	\$70
142115C	PSD 4-5 yrs	4 pm	Robin	\$70
142115D	ITD K-2nd	4:45 pm	Robin	\$70
142115E	TAP K-2nd	5:30 pm	Robin	\$60
142115F	HHJ 2-4th	6:15 pm	Carol	\$70
142115G	TAP 2-4th	7 pm	Carol	\$60
142115H	HHJ 5th and up	7:30 pm	Carol	\$70
142115J	TAP 5th and up	8:15 pm	Carol	\$60

Tuesdays:

Act #	Class/Age/Grade	Time	Instr	Fee
142116A	BAL 2-4th	5 pm	Sue	\$70
142116B	HHJ 2-4th	5:45 pm	Sue	\$70
142116C	ITD K-2nd	6:30 pm	Sue	\$70
142116D	HHJ 4-6th	7:15 pm	Sue	\$70
142116E	HHJ Teen	8 pm	Sue	\$70

Wednesdays:

Act #	Class/Age/Grade	Time	Instr	Fee
142117A	COM 1-3rd	4:30 pm	Carol	\$80
142117B	COM 4-6th	5:30 pm	Carol	\$80
142117C	BAL 3-6th	6:30 pm	Carol	\$70

Thursdays:

Act #	Class/Age/Grade	Time	Instr	Fee
142118A	PSD 3yr	10 am	Robin	\$60
142118B	COM 4-5 yrs	10:30 am	Robin	\$80
142118C	HHJ 2-4th	5 pm	Sue	\$70
142118D	XLJ 4th and up	5:45 pm	Sue	\$90
142118E	XLB 4th and up	6:45 pm	Sue	\$90
142118F	XLJ 6th and up	7:45 pm	Sue	\$90

Saturdays:

Act #	Class/Age/Grade	Time	Instr	Fee
142119A	PSD 3 yr	10 am	Shannon	\$60
142119B	PSD 4-5 yrs	10:30 am	Shannon	\$70
142119C	ITD K-2nd	11:15 am	Shannon	\$70
142119D	TAP K-2nd	12 pm	Shannon	\$60

Class size: Max: 16 students; 8 - min: Preschool 3's - max 12

Recital Information (May 16, 2009):

There are two matinee performances as follows:

1:00 pm - Robin's Monday classes, Carol's Monday classes and Sue's Tuesday classes.

3:00 pm - Shannon's Saturday classes, Robin & Sue's Thursdays, and Carol's Wednesday.

Schedule subject to change based on class cancellations.

Tickets for reserved seating at the recital will cost approximately \$6-\$7 each. Sales for tickets will be held 3-4 weeks prior to the performance date.

New

Your House in Today's Market

Are you trying to sell or buy a home in today's market and not sure which direction to take? Our free speaker series will assist in making the process more understandable for you! These two seminars are part of a five part series for Troy residents about current topics seen on page 5.

Selling your House: Learn how to stage your house, add curb appeal, how to select a realtor, declining values, equity concerns, marketing your sale, and gain info on home warranties and titles.

Buying a House: These speakers will discuss foreclosures, appraisal issues, financing options, loan options and more.

Question and answer session available at each seminar. The speakers are from the Real Estate market and will not solicit those that attend. To guarantee your seat, please sign up in advance. Kids Korner babysitting service available see page 80 for hourly rates.

Location: Troy Community Center

Act#	Day	Time	Topic
142900B	Wed, Oct 1	7-9 pm	Selling a house
142900C	Wed, Oct 8	7-9 pm	Buying a house

Youth Amazing Art

This enjoyable and educational art class is for youngsters ages 6-13 who would like to try a variety of things. Fun tactile project choices will range from fabric art, to wood crafts, bead and wire work, mixed media, pottery projects and more. Dress for mess! Tools and materials provided by instructor. Material fee of \$20 due to instructor first day.

Instructor: Jeannette Pugliese

Location: Troy Community Center

1st session has a fall and Halloween theme to the projects plus free choice items.

Session 1: Sept 8 - Oct 13 (6 weeks)

Act #	Day	Time	Fee
142223Q	Mon	7-8 pm	\$60

2nd session has a Thanksgiving, winter and Christmas theme to the projects plus free choice items.

Session2: Oct 27-Dec 8 (6 weeks-no classes 11/24-29)

Act #	Day	Time	Fee
142223R	Mon	7-8 pm	\$60

We are looking for Instructors!

Exercise Instructor

Arts and Crafts Instructors

Mental Aerobics Instructor

Dance/Movement Instructor

Apply at the Troy Parks and Recreation office
See page 85 for more job opportunities and details.

Adult Pottery

This class is designed for ages 13 and older and emphasizes creativity and enjoyment of handmade pottery. The projects range from functional ware to sculpture. A pottery wheel is available but limited to 1 or 2 turns per person depending on class size. Various glazing techniques will be explored. Tools and materials provided by instructor. Dress for mess and bring a hand towel to each class. Material fee of \$30 due to instructor first day of class.

Instructor: Jeannette Pugliese

Location: Troy Community Center

Session 1: Sept 9 - Oct 14 (6 weeks)

Act #	Day	Time	Fee
142221A	Tue	7-9:30 pm	\$108

Session 1: Oct 28 - Dec 6 (6 weeks -no classes 11/24-29)

Act #	Day	Time	Fee
142221B	Tue	7-9:30 pm	\$108

New

Anyone Can Paint

For ages 16 and older. Join popular award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in the very first class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be accomplished by the end of the session. The painting will be a seascape with a large wave crashing onto rocks. Paint, brushes, canvas boards and all other supplies are included in the fee. Space is limited. Advanced registration is required.

If interest is sufficient, a workshop will be offered on the second Thursday of each month, painting a different landscape each time.

Location: Troy Community Center

Act #	Day	Date	Time	Fee
145932A	Thur	Sept 11	1-3 pm	\$24
145932B	Thur	Sept 11	7-9 pm	\$24

Family and Friends CPR and First Aid

This class for anyone 10 years and older who is interested in learning life-saving skills for their own information. Topics include adult, child, and infant CPR, and the skills needed to help someone who is choking. You will also learn how to manage medical emergencies and traumatic injuries involving children, and how to respond until professional help arrives. Participants receive the American Heart Association's "Family and Friends CPR" and "Family and Friends First Aid for Children" booklets, as well as an American Heart Association participation card.

Location: Troy Community Center

Act#	Day	Time	Fee
142065A	Fri, Sept 26	9 am-12:30 pm	\$30
142065B	Thu, Oct 9	6-9:30 pm	\$30

Heartsaver Pediatric First Aid

Be confident in the event of an emergency! This class covers the management of illnesses and injuries in children from birth to age eighteen. Topics include choking and what to do in the event of a medical emergency (such as an asthma attack, diabetic emergency, seizure, shock), a traumatic emergency (broken bone, sprain, bleeding, burn, head/spinal injury), and an environmental emergency (bee sting, poisoning, drowning). This highly interactive, hands-on class and is designed for those who work with children, such as day care workers, teachers, youth organization leaders, babyysitters, etc... An American Heart Association Heartsaver Pediatric First Aid Certification Card is issued for two years upon successful completion of the course.

Ages 13 and older. **Location:** Troy Community Center

Act#	Day	Time	Fee
142065C	Fri, Oct 10	9 am- noon	\$40
142065D	Tue, Nov 11	6-9 pm	\$40

Heartsaver CPR and AED

This is the class for those who need CPR (cardiopulmonary resuscitation) certification for work (first responders, daycare workers, coaches, teachers, etc.) or personal use. Topics include adult, child, and infant CPR, how to use an AED (automated external defibrillator), and how to help a choking victim. This highly interactive, hands-on class includes the American Heart Association "Heartsaver AED" student workbook, CPR and AED Reminder Cards, and a CD containing supplemental information and video clips to refresh your CPR and AED skills. An American Heart Association Heartsaver Certification Card is issued for two years upon successful completion of the course. Ages 13 and older.

Location: Troy Community Center

Act#	Day	Time	Fee
142065E	Tue, Oct 7	5:30-9:30 pm	\$47
142065F	Wed, Nov 5	8:30 am-12:30 pm	\$47

New

Stroller Strides Helping Moms Gain Strength in Body, Mind & Spirit

Stroller Strides is the country's largest fitness program for new moms. Classes offer a stroller work out that combines power walking and intervals of body toning using the stroller, the environment and exercise tubing. Our "support group exercise" style classes allow moms to interact with their babies and other moms all while getting an exciting and challenging workout. Come out and join us - your first class is FREE!

Location: Troy Community Center (we'll be outside on nice days!)

Act# 142175D	\$150 - Two class combo
Act# 142175E	\$175 - Three class combo

Session: Sept 8-Dec 18 (15 weeks - no class 11/27)

Act #	Day	Time	Fee
142175A	Mon	1:30-2:30 pm	\$135
142175B	Tues	9:30-10:30 am	\$135
142175C	Thur	1:30-2:30 pm	\$135

New

New Ideas for a Healthier You!

Is there a difference between organic and all natural? Can you stay or get healthy by the food choices you make? Learn the food facts you need to know to make better food choices and live a healthier life-style in this 5-part series. Classes taught by Kelly Genzlinger, CNC, CMTA who has certifications in weight management counseling, nutritional consulting and metabolic typing.

*All classes are held at the Troy Community Center.
A healthy snack will be provided.
Pick an individual class or attend the entire series.*

Entire Series: Join us to find out how to make changes in your food choices to strengthen and support your path to well-being. Class dates: Sept 22, Oct 6, Oct 20, Nov 3, Nov 17.

Act #	Time	Dates	Fee
146710X	7-8:30 pm	see list	\$75

Protein Primer: Learn what makes protein important and what sources provide the best protein.

Act #	Time	Date	Fee
146710A	7-8:30 pm	Sept 22	\$20

Carbohydrate Confusion: Learn the role of carbs in human nutrition and the difference between refined and whole grains.

Act #	Time	Date	Fee
146710B	7-8:30 pm	Oct 6	\$20

Fat Phobia: Facts about fat you are not likely to read in a magazine. Understanding the Omega-3 to Omega-6 ratio.

Act #	Time	Date	Fee
146710C	7-8:30 pm	Oct 20	\$20

Magnificent Micronutrients: Learn what role vitamins and minerals play in a healthy body.

Act #	Time	Date	Fee
146710D	7-8:30 pm	Nov 3	\$20

Antioxidants, Enzymes and Probiotics: Often forgotten components to health and food, learn why you want to incorporate these elements in your diet.

Act #	Time	Date	Fee
146710E	7-8:30 pm	Nov 17	\$20

**Nutrition Fundamentals
Series Sponsored by:**

